

**YOU MUST BE  
THIS TALL TO RIDE**  
with just a seat belt.

**4'9" OR TALLER**

**SEAT BELTS ARE  
MADE FOR ADULTS.**

Seat belts work best  
for people over 4'9" tall.

**CHILDREN ARE AT RISK.**

Children too small for seat belts  
may be ejected or receive internal  
injuries in a crash.

**THE SOLUTION  
IS EASY.**

Use booster seats for  
children up to 4'9".

**THE RIGHT FIT:**

Shoulder belt fits across the chest,  
**NOT** over face/neck.

Lap belt fits low and snug on hips,  
**NOT** across upper abdomen.



**NORTH DAKOTA**  
DEPARTMENT of HEALTH

**NDDOT**  
North Dakota  
Department of Transportation



# Is your child ready for a seat belt?

To determine if your child is ready for a seat belt, try the five-step test below.

Sit your child in the back seat and put on the seat belt.

- Can your child sit with a straight back against the vehicle seat back?
- In that position, do the legs bend comfortably at the edge of the vehicle seat?
- Does the lap belt stay low, touching the thighs (not the belly)?
- Does the shoulder belt cross the center of the child's shoulder?
- Can your child sit this way without slouching during the whole ride?

If you answered no to any of these questions, your child would be safer riding in a booster seat with a lap and shoulder seat belt.

*Note: All vehicles are not the same - do this test for any vehicle your child rides in.*



- Most children do not meet the five-step test until they are at least 4'9", between the ages of 8 to 12 years.
- Children younger than 13 should always ride in the back seat.
- For more information, call the North Dakota Department of Health at 1.800.472.2286 or go to [www.safercar.gov/parents](http://www.safercar.gov/parents).